



FIRST PRESBYTERIAN

July 19, 2023

10:00 am  
Sunday Worship  
[Firstprescf.org](http://Firstprescf.org)



### Summer Worship Series

*In this eight-week worship series we're exploring basic Christian spiritual practices as ways to build up resiliency in times of crisis, chaos, uncertainty, and distress. Centering on the story of Peter walking on water, the series looks at body care, grief, forgiveness, anger, connection, grace, and gratitude. Be sure to join us as we build resilient faith together.*

#### Worship on Sunday, July 23

#### "Sacred Anger"

Psalm 103:6-12, Ephesians 4:25-29

"Be angry," Paul says, "but do not sin." Scripture offers a path for us to engage the spiritual practice of anger without engaging in sinful, destructive patterns. Practicing anger as a spiritual discipline means learning to listen to our anger. Anger is a wonderful tool for clarifying our values. We do not get angry about things we do not care about, although it may seem that way on the surface. There is usually a problem under the problem—something that takes aim directly at our sense of self. The famous formulation for God's nature—"slow to anger and abounding in steadfast love"—offers an image of holy anger and what it can accomplish. If we have the fortitude to dig deeply into our own anger, we can draw closer to God by learning to align our values with God's values.

"It is possible—very, very, very challenging, but possible—to be lovingly angry. God models that for us—angry at injustice, angry at faithlessness, but always pushing not to punish but to redeem, to transform the situation so that God's values become ours once again.

*The Rev. Carol Holbrook Prickett*

**Prayer:** God of justice, how can we be angry and graceful at the same time? Open us to the Spirit's guidance in the way of sacred anger, so that the example of Christ reflects in us. Amen.

### Church Birthdays

Jul 20-Ava Wells, Miles Braley, 23-Jan Thedens, 27-Caleb Braley

### For Your Prayers...

John Luzaich

Cheryl James

Lois Thedens

### Notice...

Friday, July 21, 7:00 pm  
Cedar Valley Chamber Music Concert, sanctuary

**Hygiene Kit** packing after worship, July 23.

**Sign up anytime online:**

**Worship Leader Sign Up:**

[Sign Up: Worship Leaders](#)

*Or sign up in the narthex!*

**Sunday Supper Helpers!**

[Sunday Supper](#)

## Thanks for serving last week:

**Computer Operator:** Gary Clark

**Videographer:** Kevin Thedens

**Lawn Mowing:** Brad Braley

**Lawn Mowing 7/23:** *available*

**Plumbing Issues:** Jim Seeley

### Cedar Valley Chamber Concert

This Friday, July 21, 7:00 pm

First Presbyterian Church, Cedar Falls

(Re)-Inventions

Bach is known for writing two, three, and four part inventions for piano. What if you re-invent the invention as something else? Elena Kats-Chernin asks this question for the CVCM's final program of the season.

To see the entire schedule, go to their website:

[2023 Festival Season July 14-21 \(cedarvalleymusic.org\)](https://cedarvalleymusic.org)

## Hygiene Kit Packing!

*Many hands make light work!!!*

Hygiene Kit packing for Eye of the Needle will be after worship **this Sunday, July 23**. Donations are due that morning and may be left in the basket in the entryway.



Products requested are:

**deodorant, bar soap, toothbrushes, and toothpaste**  
only those items, please.

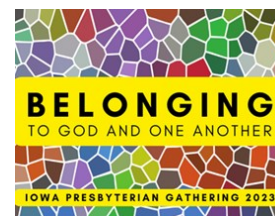
**Plan to stay after worship and join us to help!**

## NORTH CENTRAL IOWA PRESBYTERY NEWS

**Register Now for the Iowa Presbyterian Gathering 2023**

**August 26, 2023**

**Northminster Presbyterian  
Ames, IA**



Registration is now open for the Iowa Presbyterian Gathering! Worship, keynote, and workshops will all center around the theme of Belonging to God and to One Another.



[Learn more and register](#)

### Per Capita 2023

This year's per capita offering and mid-year pledge giving update envelopes will be in the narthex on Sunday. Please help us save postage and pick yours up!



Per capita is crucial to the overall health of the PC(USA), because it binds presbyteries, synods, and congregations together in one church.

REV. DR. J. HERBERT NELSON, II, STATED CLERK OF THE GENERAL ASSEMBLY

### Release and Remember

Cedar Valley Hospice will hold it's annual Release and Remember fundraising event Sunday, September 10, 1:00-3:00 pm (program and butterfly release at 2:30 pm.)

RiverLoop Amphitheatre

225 Commercial St, Waterloo

Join us for lunch, children's activities and live music.